

Clean Copy of the Claims

Please replace claim 1 with the following amended claim 1:

Sub 1 (Twice Amended) Footwear for protecting a foot consisting essentially of:

a vamp of an upper extending from a toe region to an instep region and

consisting of a single unit;

b2 a liner positioned beneath said instep portion and consisting of a single piece;

and

an elastic instep guard positioned between said instep portion and said liner to
protect a metatarsal section of the foot, said instep guard including an elastic support
having a plurality of hollow passages and extending from said toe region to said instep
region of said vamp.